



A MATTER OF BALANCE
presented by Wellspan
@ W. Dale Brougher Foundation YMCA

A Matter of Balance targets older adults who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns, or are interested in improving balance, flexibility and strength. Participants will learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance.

This class has 8 sessions:

September 14, 21, 28

October 5, 12, 19, 26

November 2

1 pm - 3 pm

This class will meet at:

**The W. Dale Brougher Foundation
YMCA**

100 Constitution Avenue

Shrewsbury, PA 17361

TO REGISTER

Call Wellspan at **717-851-3500**

RSVP with your name, phone #, the class name, and location you wish to attend.